

Henry Got Crops Makes More Room for Native Perennials

by L. Gnadinger, Weavers Way Member and Sustainability Coordinator

ON JUN. 12, THE TEAM AT Henry Got Crops Farm planted a new section of beds dedicated to native perennials, totaling around 1,200 square feet. This is in addition to an existing 4,000 square feet of mixed species perennial beds that also includes large native plantings.

The newest bed was made possible through a grant of 500 perennials from the Xerxes Society for Invertebrate Conservation, which the staff secured for the second year in a row.

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Community-Owned,
Open to Everyone

A Newcomer Takes the Store Manager Reins in Mt. Airy

by Karen Melton, for the Shuttle



I RECENTLY SAT DOWN FOR AN INTERVIEW with Anh Vongbandith, the somewhat new (since March) manager of Weavers Way Mt. Airy. I'm a regular at Das Good Café, which Anh runs with her husband, Anou, and daughter Jade a few doors up from the Germantown store, so I already knew her enough to exchange greetings and stories about squirrels (more on that later). But this was a chance to speak at length about her new job and her background. The conversation is edited for brevity.

Q: Before we talk about managing the Mt. Airy store, I have a question about Das Good Café. I always notice that it's a gathering place where people meet up with their friends. They bring their families; customers at the next table always smile or nod to one another. Everyone seems to feel at home — they hang around talking long after they finish eating. How do you create that kind of welcoming environment?

(Continued on Page 8)

The Shuttle

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Weaving in the Natives

Tick-Borne Diseases and Their Lasting After-Effects

by Charlotte Kidd, for the Shuttle

“WHEN WE TRY TO PICK OUT ANYTHING by itself, we find it hitched to everything else in the universe,” said renowned naturalist and Sierra Club founder John Muir, in *The Mountains of California* (1894).

When we pick then bite into a luscious ripe tomato, we're on a nutritious journey that begins with the bumblebee vibrating flower pollen. The sun and minerals push plant growth. Boosts of lycopene, potassium, and calcium fuel our body.

But when we find a deer tick latched to our skin for a blood meal, the connection can be injurious, even life-threatening. Deer ticks can carry pathogens. One deer tick bite can bring us low, to a subpar body slogging through months (maybe years) of questions, symptoms and treatments. Tick-borne diseases can cause con-

fusing distress, from chronic joint pain to disabling, even fatal, brain damage.

Unfortunately, we're too familiar with the deer tick, aka black-legged tick (*Ixodes scapularis*). This seed-sized bloodsucker can pack a wallop of huge consequences. The Mayo Clinic lists six parasitic, bacterial, and viral diseases the deer tick can transmit to humans: anaplasmosis, babesiosis, ehrlichiosis, Lyme disease, *Borrelia miyamotoi* disease and Powassan viral disease.

Lyme bacterial disease, which surfaced in Lyme, CT in 1975, is now a common topic among lovers of the outdoors. Most people I know have been infected. Four years ago, the 2022 BMJ Global Health large-scale meta-analysis reported about nine in 100 North Americans have or have had Lyme borreliosis. According to Wistar Institute Executive Vice Presi-



Photo courtesy of the Mayo Clinic

A person holds a female *Ixodes scapularis* tick on her fingertip. The female adult deer tick, also called a blacklegged tick, is smaller than a sesame seed. The blood-feeding nymph is about sesame-seed size.

dent Dr. David B. Weiner, cases of Lyme disease now range from 30,000 to 89,000 cases per year.

I've had Lyme disease four times and have been treated with antibiotics, but the spirochete left its mark on my brain.

(Continued on Page 10)



Photo by Kristen Pink Kalp

Aylyn Mays-Speech, left, a cashier at Weavers Way Germantown, got a visit and a gift from one of the store's regulars, Winifred Jones, earlier this summer in celebration of Aylyn's graduation from trade school. Winifred, 95, was on her way home after having undergone eye surgery but insisted on stopping by to see Aylyn and give her the bottle she decorated with fairy lights inside.

“As soon as Weavers Way opened a store in Germantown, I got a membership and now it's my favorite place to shop,” Winifred wrote. “The people who work there are very patient with me and treat me with great respect. Sometimes, they ask for my list and go around the store to get everything I need.

“The lady in produce is also very helpful. A few months ago, I lost my “Food for All” clicker, and she went out of her way to help me get it again.

“I appreciated how thoughtful the Co-op was during COVID by giving extra discounts to seniors. I love the Co-op – the employees, the healthy food and the Germantown location near my home.”



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Editor’s Note

by Karen Plourde, Editor,
Weavers Way Shuttle



LET ME START OUT WITH THESE Shuttle housekeeping matters:

- We once again need poems for Weavers Words. Our reserve has been going down and we still have some, but I like to rotate pieces from our regulars and sprinkle in new voices. So if you’ve been thinking about submitting, check out our guidelines on p.21 of this issue and get your inspo going!
- We also need submissions from local artists for Artists in Our Aisles. If you’re a visual artist who wants to see their work featured in the Shuttle, check out the section and the guidelines for that, also on p.21.
- I’ve gotten a couple of requests from folks who want to contribute to the Shuttle fund by check, which makes perfect sense for those who like the idea of supporting print journalism. Make out your check to “Weavers Way Co-op” and include “Shuttle Fund” on the memo line so our Finance Department knows where it should go. Thanks to all our contributors, online and analog. To date, the fund has raised \$1,180. If you’d like to give online, scan the QR code next to this column.



Ok, done. Here’s a sampling of what’s in this month’s issue:

- A profile of Anh Vongbandith, the newish store manager at Weavers Way Mt. Airy and proprietor at Das Good Cafe, the restaurant a few doors up from our Germantown store (p. 1).
- A comprehensive Weaving in the Natives column (with sidebars and graphics) on tick-borne diseases, how to avoid getting bitten, and the latest research on Powassan virus from the Wistar Institute (p.1).
- A thorough guide to how to preserve your summer produce bounty from our “Slice It, Dice It, Serve It” maven, Kieran McCourt. I was intrigued by his easy recipe for compound fruit butters. Won’t get to that this season, but maybe someday — like whenever I get those berry bushes planted.

Hope the last full month of summer is good to y’all; make time to enjoy it! Catch you in the pages next month.

The Shuttle is published by
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Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthful food and other matters of interest to Weavers Way members as consumers and citizens.

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter. Submit to editor@weaversway.coop. Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its board, unless identified as such.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g., Dec. 1 for January. Ad rates are online at www.weaversway.coop/shuttle, or call 215-843-2350, ext. 314, or email advertising@weaversway.coop. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle



Going On in Grocery

This is the first Back to School season at the Co-op in which our Provisions program is available for bulk purchases. What’s more, members can now pick up their preorders at any of our main stores. So by joining Provisions now and perusing what’s available through our main grocery distributor, you can get a leg up on family favorites (or future favorites) to tuck into lunches or have in the cupboard or fridge for when they’re heading out the door or getting home.

Step One is to join Provisions, which is free to members. Even better, you’ll save 10% on your first order. To learn more and/or sign up, go to <https://weaversway.provisions.coop/>.

On the frozen dessert front, pints of longtime Philly fave **Bassett’s** ice cream are \$2 off through Sept. 1 (reg. \$5.99).



In other Back to School news, the Co-op has deals on lunch storage and other merch. Through Sept. 1, **Danica Jubilee** and **Wildkin** lunch bags are 10% off. Wildkin bags normally retail for \$19.99 each, and Danica Jubilee’s are usually \$26.99-29.99. Snackle box fans can also save 10% on the six and 12-compartment

Melii versions of these genius creations (regularly \$9.99-11.99). Think of all the plastic sandwich and snack bags you won’t have to use!

If it’s time for a reusable beverage container refresh, **Bink** bottles (made of glass with silicone sleeves) are now available in our stores. Also new in gen merch are **Conscious Step** socks for good (\$15.99 a pair).

They’re produced sustainably, and every purchase supports one of their partner organizations, which represent everything from protecting sea turtles to mental health to planting trees and beyond.

Starting Aug. 19, look for some awesome deals on packable items from our kitchens and produce department, along with puree pouches and more. Sorry — the rest of the details on those are classified (for now).



by Kieran McCourt, Weavers Way Ambler

When you end up with too much from your garden, CSA share or get a great deal on summer produce, it’s good to preserve the taste of summer for those cold and snowy months. If you have room, the freezer can be your best bet all year round for keeping local and seasonal vegetables and fruit for later use.

First, prep your fruit or veg for how you’d like to use it. Trim and cut hearty greens like kale and collards into ribbons, cut kernels off cobs of corn*, halve or quarter stone fruits and trim green beans.

Note: If you remove the kernels from a cob of corn, the cobs can be simmered to make a corn broth that makes an excellent base for cooking grains and thinning sauces and chowders – especially plant-based ones!

To blanch or not to blanch? It boils down to how you might use the frozen vegetables. If they’re going to end up in soup or stews, you can skip that step. Green beans always benefit from blanching and shocking in ice cold water before freezing as it helps to set their bright green color.

If you’ve ever used or made compound butters, they were probably savory and packed with herbs. You can also make compound butter with fruit like berries and peaches. Add about 1/2 cup of fresh fruit, two sticks of butter and honey or brown sugar to sweeten and combine in a stand mixer or food processor. Form the mixture into a roll, wrap in plastic and foil and store in the freezer. You can also pre-portion the butter with an ice cream scoop; freeze it on a parchment-lined baking sheet and store it in a

Preserve with Verve!



zip-top bag. Imagine peach or berry butter on fresh biscuits, French toast or pancakes on a snow day!

The bounty of summer can be preserved for the whole year if it’s properly canned – jams, fruit butters, pickles, whole fruit in syrup and especially tomatoes. Whether for a little taste of summer in winter or preparation for holiday gifting, canning is a great way to put up produce for later. Always make sure to follow a reputable recipe and food safety guidelines when using water bath canning, the easiest method. The Ball Blue Book of Preserving is an excellent source and point of reference.

Salt has been used since time immemorial for food preservation, and a homemade batch of sauerkraut or kimchi can be a great way to dip your toes in fermentation. In addition, when the end of the growing season encroaches or herbs start to bolt, salt can be a great way to preserve soft and tender herbs like parsley, cilantro, dill and the like. Wash and dry the herbs completely, remove leaves from stems and coarsely chop. Pack the chopped herb and non-iodized salt at a roughly 4:1 ratio in a clean jar and stir to combine.

When refrigerated in an airtight container, salted herbs will last about as long as it takes to use them up. Jazz up eggs or cooked grains, stir into soups and stews, or use as part of a marinade or the same way you’d regularly use the herb fresh.

the word on wellness

Examining Andropause and Changes in Libido

by Karen Palmer, Weavers Way Ambler Wellness Buyer

MOST PEOPLE HAVE HEARD OF MENOPAUSE. FAR fewer have heard of andropause, sometimes referred to as “male menopause.” In fact, when I recently brought up the topic, one of the men in my life looked at me and said, “I’ve never heard of that before.”

He’s not alone.

Yet, as our recent conversations about sexual wellness have shown, many men are experiencing changes in their bodies and wondering what is happening. They have questions about energy, libido, hormones, aging and overall vitality. They often don’t have a framework for understanding those changes. That’s where the conversation about andropause begins.

Unlike menopause, which typically occurs over a relatively defined period, andropause happens gradually. Testosterone levels naturally decline with age, often beginning sometime after age 30 or 40. The changes are usually subtle at first, making them easy to dismiss.

A man may notice he isn’t recovering from workouts the way he used to. He may feel more tired at the end of the day. He may find that his interest in sex has changed or that maintaining muscle mass requires more effort.

Are these simply signs of aging, or is something else happening? The answer is often both.

What Does Andropause Look Like?

Symptoms vary widely, but common experiences include:

- Reduced energy and stamina
- Changes in libido
- Changes in erectile function
- Increased body fat, especially around the midsection
- Loss of muscle mass
- Poor sleep
- Difficulty concentrating
- Mood changes or irritability
- Reduced motivation

These symptoms can also be caused by stress, poor sleep, medication side effects, depression or underlying health concerns. That’s why it’s important not to assume hormones are the entire story.

One of the most common questions I received was whether it was normal for a man’s libido to change over time. The short answer is yes.

Libido isn’t fixed. It responds to sleep, stress, emotional connection, physical health, medications, hormone levels and life circumstances. Many men are unsettled more by the expectation that desire should remain the same throughout adulthood than by the change itself. But bodies don’t work that way.

Just as appetite, energy, and recovery change over time, desire can change, too. That doesn’t mean something is wrong, but it is worth paying attention to.

A helpful reframe is to stop asking, “Why isn’t this the same?” and instead ask, “What is my body responding to right now?” That question often leads to better answers.

About Those Changes in Intimacy Energy

Many men describe feeling productive throughout the day but depleted when the day is over. The body can operate on stress hormones for surprisingly long periods of time. You can work, solve problems, manage responsibilities and appear energetic while running on fumes.

Intimacy requires something different. It requires relaxation, connection, circulation and a nervous system that feels safe enough to shift out of constant productivity mode.

Sometimes what appears to be a sexual wellness issue is actually an exhaustion issue. In other words, the body isn’t necessarily lacking desire; it may be lacking reserve.

Some men wonder if they should start taking testosterone. Perhaps, but not immediately. Testosterone plays an important role in energy, muscle maintenance, libido, mood and overall vitality. However, it is only one piece of a much larger picture.

Poor sleep, chronic stress, inadequate nutrition, alcohol use and certain medications can create symptoms that look remarkably similar to low testosterone. Before assuming you have a hormone problem, it’s worth looking at the foundations.

How are you sleeping? How are you eating? How stressed are you? How much are you moving? The answers to those questions matter more than many

people realize.

What About Prostate Health?

This question came up repeatedly. Men are understandably cautious when discussing hormones and prostate health, particularly if they have a history of prostate cancer or concerns about future risk.

Historically, prostate cancer has been considered hormone-sensitive, and many conventional treatments intentionally lower testosterone levels. Because every situation is unique, conversations about hormones should always include a healthcare provider who understands the individual’s health history. When prostate health is part of the picture, professional guidance matters.

While working in wellness, I often hear questions about natural approaches to healthy aging. Some of the most discussed nutrients and herbs include magnesium, zinc, maca, ashwagandha, beet root and L-arginine.

These aren’t magic solutions, and they aren’t appropriate for everyone. The biggest difference is often not a single supplement but a broader commitment to sleep, movement, nutrition, stress management and overall health.

The goal isn’t necessarily to boost something; it’s to support the body’s natural ability to function well.

Looking at the Bigger Picture

The most important lesson I’ve learned from these conversations is that men are asking thoughtful questions. They want information. They want context. They want reassurance that they aren’t the only ones experiencing these changes.

And they’re not. Sexual wellness isn’t separate from overall wellness. It’s one more way that the body communicates what it needs.

Understanding andropause isn’t about labeling men as broken or turning aging into a medical condition. It’s about recognizing that change is normal, questions are healthy and curiosity is often the first step toward better health.

Because the body isn’t failing — it’s responding. And the more we understand those responses, the better equipped we are to care for ourselves with wisdom, compassion and confidence.

Thinking Coffee

Ethiopian Roast Conjures Up Memories of a Long-Ago Blueberry Morning

by Neal Fordham, for the Shuttle

Equal Exchange Ethiopian Coffee, Cold-Brewed

AS I TOOK MY FIRST SIP OF A COLD-BREWED Equal Exchange Ethiopian, I suddenly experienced blueberry tingling my taste buds. That lit up a memory that cast me back in time, to a distant First Day morning in Germantown.

Though I’ve been absent for a while, I am still a member of Green Street Quaker Meeting and still identify as a Quaker. More than a decade ago, I signed up to come in early one First Day (Sunday, in Quaker speak) to make breakfast for my meeting.

I believe I had my young son, Jackson, there to help me run the two iron skillets as we made dozens of pancakes. I’d prepared coffee and tea, juice and a large bowl

of fruit — melons, strawberries and blueberries.

Just as people began coming in, I added blueberries to one skillet, and strawberries to the other. I threw in butter and sugar and soon brought out bowls of hot fruit for folks to top their pancakes with.

After everyone had been served, I helped myself and chose the blueberry topping. Accompanied by a cup of black coffee, that mouthful of pancake and warm blueberries



photo Equal Exchange
Ethiopian Coffee Drying in the Sun

was delightful and comforting.

Equal Exchange’s Ethiopian is from the country’s southern region of Sidamo. It is naturally processed — the beans are sun-dried with their skin still on, and this imparts the particularly fruity taste that coffees from this region are famous for.

Sipping this is nothing like chomping into a Tastykake Krimpet! The experience is more subtle. This coffee gave me the warm feeling of being with friends, eating and talking together. May it at least bring you a smile.

Neal Fordham is a local coffee aficionado and truck driver for Weavers Way.

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Dog Tip of the Month

Achieving Harmonious Cohabitation in your Dog/Cat Household

by Christopher Switky, for the Shuttle

MOST DOGS AND CATS CAN LEARN HOW TO share a home harmoniously. My own household has had one or more of both kinds of pets since 1992, and the same is true for many of the households I’ve visited doing dog training and pet care over the years.

I lucked out with the first two dogs I adopted in the 1990s — they were both well behaved with my resident cats from day one. With the various dogs I’ve adopted over the past 25 years, however, that was not the case, and acclimation training was necessary to get us to a better place. Below are some “notes from the field.”

Having a good spatial setup is critical for a successful acclimation process. When faced with an unfamiliar dog, most cats will want to perch somewhere high, like up on a windowsill or a table. Placing your cat in that kind of spot, and then stationing your dog in or near the doorway of the room is a good approach, so that your cat will remain in place and be visually accessible. Having a second person on board to help keep the cat in place is often useful.

Go slowly, with respect to proximity and duration, when first introducing a cat and a dog. Sufficient distance should be maintained between them so that they are aware of each other, but don’t feel threatened or overly aroused. The dog can be secured with a leash and harness, or stationed behind some sort of pet barrier. If the dog is highly aroused or agitated, both measures may be needed at first.

Use positive reinforcement to reward animals

for calm behavior in each other’s presence. You can serve their favorite treats while dogs and cats get used to coexisting. Petting and praise can help as well, especially for nervous dogs.

The goal is for the two animals to “get bored” with each other. For the dog, this means getting accustomed to being around the cat without feeling overly aroused or defaulting to chasing behavior. For the cat, this means learning that there’s no need to run away from the dog — she can feel safe around him and do her normal cat stuff. When it seems that this is happening, you can start to gradually decrease the distance between the two pets as you continue acclimation sessions.

Most dogs will first learn a calmer response to seeing a cat who is sitting or lying still, but will still get excited when the cat walks, runs or jumps. Once they’ve learned to be calm around a cat who is stationary, they’ll need additional acclimation sessions while observing a cat who is moving about.

If your dog is jumping around and barking when he first meets your cat, that’s actually good news. It’s probably excitement behavior, perhaps with some frustration mixed in if he really wants to approach the cat and is being restrained. It could even be anxious behavior if he hasn’t been exposed to a cat before and is nervous about proximity to an unfamiliar kind of animal.

I say “good news” about this kind of behavior because it is most likely not predatory. Predators don’t waste energy by jumping around and barking. They



quietly observe and stalk a possible prey animal, and when they think they have a chance, they go in for the kill. If you think your dog is exhibiting this kind of stalking and assessing behavior, consult with an experienced dog trainer about the advisability of having him live with a cat.

Chris Switky is the founder of Positive Canine Concepts Dog Training and regularly teaches a “Basic Manners for Dogs” class through Mt. Airy Learning Tree. See MtAiryLearningTree.org for more details.

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Advice on Healthy Aging from the Eldest Emanuel Brother

by Betsy Teutsch, for the Shuttle

DR. EZEKIEL EMANUEL, ELDEST OF THE TRIO OF Emanuel brothers that also includes Ari and Rahm, is one of the architects of Obamacare. He served in the Obama administration — remember when serious people ran things?

He has aged, along with all of us lucky enough to do so and has written a quick read entitled “Eat Your Ice Cream: Six Simple Rules for a Long and Healthy Life.” It’s packed with data and lightened by engaging personal anecdotes.

The first of his basic rules, courtesy of his physician father, is surprising: “Don’t be a schmuck.” This Yiddish word usually refers to a jerk who mistreats others. Emanuel’s usage is different, meaning, “Don’t take needless, stupid risks.” Big risks include smoking, drinking to excess, using illicit drugs or overindulging in weed to the point where it impacts mental clarity.

Most of us take less obvious risks. I lecture myself to get off my phone when I cross streets, reminding myself how pathetic it would be to be run over because I was looking at WhatsApp. Some folks bike without helmets or use electric bikes without practicing first and wind up in the ER. Failing to use sunscreen or ignoring colonoscopy scheduling are other schmuck risks that Emanuel reminds us are completely avoidable.

His positive rules are basic and familiar. They include exercising and being physically active, eating a healthy diet (Mediterranean for the win), maintaining strong social relationships, staying curious and continually learning new things, and getting good sleep. For some, the sleeping part is elusive, but clearly not for Dr. Zeke.

Emanuel’s book is a sharp critique of our wellness culture, with influencers and self-described health gurus constantly promoting products and directives unverified by evidence-based research. They encourage people to focus on insignificant concerns and are basically selling snake oil and quack advice.

He stresses that our relationships with others are the primary purpose of life and ultimately drive happiness and satisfaction. Family, friends and community make

life worth living. All the other wellness behaviors are in service of those connections. An isolated, lonely person with an impressive BMI or good REM, as measured, is not going to be healthy or happy in the long run.

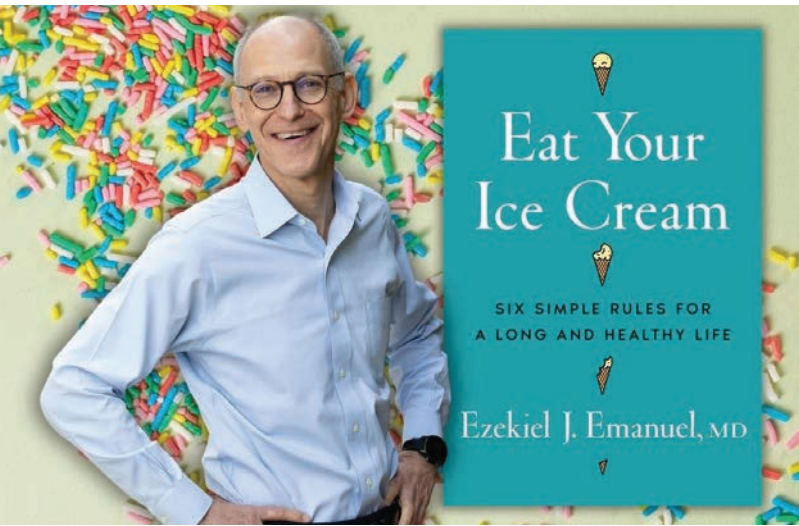
A Recipe for Reviving Your Life

Emanuel is a gregarious man with a large family. He is close to his wife, his kids and grands, his brothers, and a host of colleagues. In our demographic moment, there are many solo agers whose social circles are much smaller. He points out the perils of isolation but doesn’t really acknowledge how challenging it is to keep making friends and sustaining connections as we age.

As a non-fiction fan, I love a book that yields one new interesting takeaway. Emanuel delivers! He emphasizes expanding one’s mind by taking up new information activities, which create new neural connections. Emanuel loves food and cooking. Listen to his advice:

One fun and approachable way to introduce a novel information activity to your life is trying new recipes and techniques in the kitchen. Cooking requires complex mental and physical engagement, especially if you try unfamiliar dishes or ingredients. Regularly cooking new recipes can keep you cognitively sharper longer, and, of course, you get the added wellness benefit of eating nutritious food. So fire up that stove, drizzle olive oil in a pan, and whip up a delicious new dish. Then, invite friends over to share it. A wellness trifecta.

Researching recipes involves cookbooks, videos, blogs, clippings from newspapers and magazines, and demonstrations/classes. Assembling all your cooking ingredients takes you to the Co-op or farther afield. Food preparation requires you to coordinate actions using your hands. Following the recipe is important, and sometimes you need to do actual math. Bonus points for figuring out how to utilize what is already in your refrigerator and



soon to be past its prime.

Cooking is a sensory experience which incorporates touch, sight, smell, hearing (“listen for the sizzle”) and, of course, taste. Cooking for others is motivating. Many people find it hard to put energy into cooking for themselves.

As the newly-single narrator laments in “American Fantasy” by Emma Straub, “...one meal often lasted so long that it felt like punishment. One lasagna would haunt her fridge for three weeks.” Cooking and eating with a convivial group is a big win-win.

In that spirit, let’s start a Weavers Way Trifecta Cooking Group. There are many models for bringing people together to prepare and share meals, so let’s explore them. Nothing creates community like breaking bread together. Especially for those who wish for more social connection and healthier eating, this would be a wonderful opportunity. Email me if you have ideas! bpteutsch@gmail.com.

As for the ice cream, Emanuel reminds us that life needs to include pleasures. Denial diets will never be effective. Paradoxically, people who eat ice cream have better numbers, although no one understands why or is willing to advise you to eat gelati. So indulge in moderation and enjoy it.

Startups and the Sustainable Recovery of Waste

by Joe Pelusi, Esq., for the Shuttle

A NEW WAVE OF STARTUPS IS RESHAPING HOW WE handle waste. Many are led by engineers, data scientists and operators with advanced degrees who apply robotics and artificial intelligence to a physical problem: sorting and reusing materials at scale.

These companies often operate Material Recovery Facilities or build the technology behind them. MRFs charge tipping fees, typically by the ton, to accept recyclables from municipalities or haulers. They also generate revenue by selling recovered materials like aluminum, copper and certain plastics. That mix of service fees and commodity sales can create relatively steady cash flow, though results vary with market conditions.

Better recycling reduces landfill use and associated methane emissions. It also helps supply key materials for electrification and decarbonization, including copper, aluminum, nickel and lithium. Recovering these resources closer to home can cut transport emissions and help ease supply- chain bottlenecks. Expanding domes-

tic or allied sources of critical materials may also reduce exposure to geopolitical disruptions (e.g. wars) that can arise when supply is concentrated overseas.

Technology is the catalyst. AI-enabled sorting systems can identify materials quickly and accurately, reducing contamination and expanding what can be economically recycled. It is a clear example of advanced technology improving everyday infrastructure.

But there are risks. These investments are typically long-term and illiquid, and results depend on execution and commodity prices.

This is for educational purposes only and not a recommendation of any specific investment.

Joe Pelusi, Esq. (Ret.), CSRIC is the founder and CEO of Green Investment Strategies, a wealth management firm dedicated to helping clients manage their wealth sustainably. Joe volunteers with Citizens Climate



Lobby and the Environmental Voter Project and serves on the board of directors of the Sustainable Business Network of Greater Philadelphia and the Sustainability Advisory Committee for Montgomery County. He can be reached at joe@greeninvestmentstrategies.com.

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Committee Takes a Neighborhood Approach to Emergency Preparedness

by Genie Ravital, Weavers Way Emergency Response Network

THE WEAVERS WAY EMERGENCY Response Network has been gradually taking shape over the past eight months. Our goal is to strengthen neighborhood connections before an emergency occurs.

WERN encourages Co-op members to become pod leaders on their own streets, in their apartment buildings or condos or among clusters of nearby neighbors. These neighborhood pods help people get to know one another, identify neighbors who may need extra assistance during an emergency, and share information about resources that could benefit everyone, including first aid skills, water filters, camp stoves or grills, rain barrels, solar phone chargers, walkie talkies and ham radios. As the network grows, WERN hopes to support these pods by offering educational programs, first aid training and opportunities for group purchasing of emergency supplies.

WERN held its first educational panel on May 20 at Summit Church in Mt. Airy. Longtime Co-op member Josh Mitteldorf opened the evening by discussing the growing fragility of modern global supply chains. While globalization has made goods more affordable and efficient to produce, it has also created systems in

which shortages, transportation failures, geopolitical conflicts, pandemics and other disruptions can quickly ripple across the world.

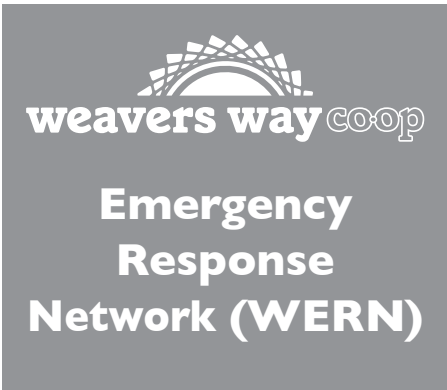
Mitteldorf suggested that neighborhoods like Mt. Airy can become more resilient by strengthening local relationships, practical skills and preparedness. He encouraged residents to go beyond long-term emergencies and consider how communities could become more self-reliant during prolonged disruptions. Drawing on examples from past disasters, he emphasized that people often respond to crises with generosity and cooperation, making strong neighborhood networks and mutual aid essential to long-term resilience.

Ed Melendez, a newer Co-op member and newly elected ward committeeperson in Roxborough, spoke about his experience of living through Hurricane Katrina and the 2021 Texas power crisis following Winter Storm Uri. During the Texas emergency, his family spent five days without electricity or running water and learned firsthand that preparation, creativity and neighborly cooperation are invaluable when disaster strikes. His central message was that while outside assistance may eventually arrive, neighbors

are often the first people we can count on. Being prepared to help ourselves and one another can make all the difference.

Another long time Weavers Way member, Maryellen Norek, highlighted the work of Transition Town Greater Media as a model for building resilient communities. TTGM, which was founded in 2009 as Pennsylvania’s first Transition Town and is part of an international network, brings neighbors together to strengthen local food systems, share practical skills and resources, conserve energy, reduce waste, support the local economy and foster stronger community connections. Through grassroots projects and educational programs, TTGM demonstrates how communities can become better prepared for everyday challenges and larger emergencies.

The evening underscored that emergency preparedness is about much more than stockpiling supplies. It begins with knowing our neighbors, building trust, sharing skills and creating networks of mutual support before an emergency occurs. WERN hopes this first panel is the beginning of an ongoing effort to strengthen resilience, deepen neighborhood connections and help ensure that no one has to face a crisis alone.



- Upcoming Events**
- **Sunday, Aug. 16, 5 p.m.** – WERN Potluck Picnic at Fort Washington State Park’s Militia Hill Pavillion. Meet members of other pods, exchange ideas and learn more about emergency preparedness.
 - **Tuesday, Sept. 22** (tentative), 5-9 p.m. – First Responder first aid training.
- To learn more about WERN or become involved, contact Genie and Rachel at preparedness@weaversway.coop.

HGC Makes More Room for Native Perennials

Alé Lomanto, You-Pick manager and floral coordinator for Henry Got Crops, secured the support from Xerxes this year. His relationship with native species on the farm comes from a desire to protect its wild spaces and restore balance within the larger ecosystem.

“Historically, most of modern-day agriculture has been at odds with the natural world through expansion into wild spaces, the use of tillage, introducing non-native opportunistic plants, the introduction of pesticides and fertilizers, and high tap water usage leading to salt accumulation in soils — the list goes on,” he said. “One of my many goals on the farm is to leave it feeling more supported and

balanced from when I got there, and this feels like one of the ways to honor that.”

Beyond agricultural spaces, non-native plant species make up most of the flora you find on any piece of developed land or designed outdoor space in the United States. But through conservation work and movements like entomologist and University of Delaware Professor Doug Tallamy’s Homegrown National Park (which raises awareness and encourages adding native plants to the landscape), this is slowly beginning to change.

In addition to being water- and resource-intensive and occasionally inva-

sive, non-native species do not meaningfully support our ecosystem’s food web at its foundation. Tens of thousands of native invertebrate species have specialized relationships with our native plants.

When insects and arthropods cannot eat or find shelter, their numbers decrease. As a result, the many larger species that rely on them directly for food or indirectly for other ecosystem services they provide (including us) also suffer. This pattern repeats, ultimately leading many to call the time we are living in the Sixth Mass Extinction Event.

That’s a genuinely scary reality to sit with. But for better or worse, the future is

(Continued from Page 1)

never certain. While there is time remaining to practice responsible land stewardship together, it’s important to celebrate those wins at any scale.

Our farm teams work hard to grow vegetables for our stores and CSA shares. When they still somehow find time to plant native perennials, care for the health of the soil and look after the many species that call our farms home, I am filled with joy and hope. The same goes for every time the farm stand sells a goldenrod, a cooperator earns hours in the garden behind the Chestnut Hill store, or our many amazing gardener-neighbors in My. Airy outdo themselves. Thank you all.

for health, balance, manifestation

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Co-ops Occupy an In-Between Place Between Capitalism and Socialism

by Jon Roesser, Weavers Way General Manager

“The problem with socialism is that you eventually run out of other people’s money.”

—Margaret Thatcher

THE IRON LADY’S GHOST IS NONE TOO PLEASED these days: Socialism is having a moment.

On the left, candidates endorsed by the Democratic Socialists of America are winning primary races with promises of Medicare for All, universal minimum income and other safety net goodies.

On the right, the current federal administration is investing taxpayer dollars in private companies, accepting multimillion dollar “donations” from large corporations to build ballrooms and monuments, and actively promoting businesses it favors.

There remain plenty of critics, but while arm-chair firebrands scream at their televisions (and ruin family gatherings), and keyboard warriors pound out endless social media posts, a large and growing number of Americans, particularly young people, from across the political spectrum are, let’s say, “socialist curious.”

In general, this strikes me as an encouraging trend, because people are considering not just what’s best for them, but what’s best for everyone. What kind of society do we want to be?

I’m writing this column while on vacation in Ocean City (I know how to have fun on vacation). It might not be Utopia, but when the sun is shining, it’s close enough. Without putting too much thought into it, I feel reasonably content as a (temporary) citizen.

Typically, the local government here handles things like police, fire and trash. It also runs the beach patrol and dispatches squads of scrawny teenagers to make sure sunbathers have purchased beach tags, which is annoying but practical.

Utilities have been farmed out to for-profit companies. South Jersey Gas is owned by a private equity investment fund. Atlantic City Electric is part of gargantuan Exelon Energy (which also owns PECO), and publicly traded American Water runs the water

and sewer system. Meanwhile, the private sector handles everything else: restaurants, gas stations, banks, funeral homes, pharmacies, etc.

In general, this alchemy seems to work well, at least for someone on a one-week vacation. The streets and beaches are clean, power is restored quickly af-



**We are participants
in a small socialist
enterprise.**



ter a bad thunderstorm, and I’ve got lots of options to satisfy a diet based on donuts and ice cream. Overall, I see no compelling argument to be made for privatizing the lifeguards or opening a government-run pizza joint.

But it might be a different story for year-round residents, especially in the dead of winter, and in any case, there are plenty of places in the United States where the current alchemy is definitely not working. When common needs are not met by existing systems, socialism can serve as the solution.

As the general manager of a food co-op, I find the binary nature of the debate interesting. Needs can be met either by the local, state or federal government, or by for-profit corporations. But there is another way.

People coming together to meet a common need is the foundation of the cooperative model that is neither government-run nor for-profit. As members of Weavers Way, we are participants in a small socialist enterprise that seeks, however imperfectly, to balance the needs of individual owners with that of the common good.

Our recent growth may be further evidence that Americans of all political persuasions are warming up to socialism. We recently crested over 15,000 households, representing well more than 30,000 individuals, and our four stores are bursting at the seams.

Much of our recent growth is happening in communities where we don’t have stores (Roxborough, Glenside, Cedarbrook, etc.), increasing the likelihood of new Weavers Way locations, and thus further growing the cooperative economy.

Meanwhile, new co-ops are about to open in West Chester and Bethlehem. In Brewertown and Fairmount, hundreds of households have joined together to form the Brewfair Co-op, a start-up with which we are closely aligned. Over the next decade, it’s possible to envision cooperatively-owned grocery stores — some, but not all, part of Weavers Way — opening in communities throughout the region.

Unrepentant capitalists can rest assured that consumer-owned cooperatives operate within a free market system and are thus subject to forces of supply and demand. To survive and to thrive, we need to be good at what we do and bring real value to individual owners and the communities we serve. This isn’t statism.

In fact, ours is a model that perhaps even crusty old Mrs. Thatcher could embrace. After all, we don’t rely on “other people’s money,” and must continuously earn our place in the free market. Plus, we sell Marmite.

See you around the Co-op.

WEAVERS WAY

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June 27	Compassion at the Pace of our Capacity	Aishah Shahidah Simmons

DELAWARE VALLEY INSIGHT

DVInsight.org

A Newcomer Takes the Store Manager Reins in Mt. Airy

(Continued on Page 10)

A: That actually is a Co-op question as well as a café question. Not every business needs to feel like an extension of home and community, but a local café and your food co-op certainly should. That happens when the people who serve you care about their jobs and do them the best they can, with respect and attention. Customers respond in kind.

People who shop at Weavers Way have many choices about where they can buy their groceries. When they choose to shop at the Co-op, it's not just because of the products we carry; it's not just because it's close by. It's because of how we operate and how we treat them. The people who work here make the Co-op feel like a community. As the flagship Weavers Way store, there are people who have been here for 20 and 30 years.

Q: So that raises an interesting question — what is it like to be the new person in an organization with so many long-term employees?

A: It can be a challenge, because people have a certain way of doing things — that can make it hard to experiment with changes. But it works the other way, too. They have seen a lot of experiments and what did and didn't work. And they are part of what creates that sense of community; they are there because Weavers Way means something to them. For many it is more than a job. Shoppers know them and know that staff will always drop what they're doing to look for something or answer a question.

Q: And how do you get that level of experience for yourself and manage people who've been here so long?

A: I'm working on it. I'm trying to learn everyone's job — what they do, how it's done. And when I spend time working the register or walking around the store, I get to talk to our members and hear what's working or not working for them — where things are located, why they buy what they buy. We have as many choices for bird feed as tomato sauce, and the best bakery section, because that's what our members asked for.

As far as management, it is about mutual respect and accountability for our work — we each have our jobs to do. When someone needs help it's important to let me know, because helping staff is one of my jobs. I have their backs; I ask them to have mine.

Respect needs to be the starting point, regardless of the type of business. I have managed many different kinds of food operations, from multiple sites for a large corporation (ARA Services) spread out over many miles, the Barrymore Tea Room back in the day at the top of the Bellevue, and catering and restaurant businesses with my husband. I especially enjoy catering. It's a fun challenge to prepare a lot of food, and catering usually involves a gathering of people who are connected in some way.

Q: You mentioned bird feed earlier. I understand you are the neighborhood animal rescue?

A: I've always loved animals. Anywhere I've lived,

people would bring me the neighborhood strays and orphaned wildlife, and I do my best to care for them appropriately so wildlife can stay wild and domestic animals can find homes. When I lived in Florida it was prairie dogs. Here it's been squirrels, kittens, possums and many others.

My husband is currently making squirrel and bat houses for our yard. We have a number of trees and get to observe a lot of wildlife — we especially enjoy watching the squirrels.

What I am not crazy about is fish — eating fish, that is. When I was a child we were on one of the last flights out at the end of the Vietnam War. My Vietnamese mother was married to a U.S. Coast Guard captain. When the marriage broke up, she and I continued to live in Hawaii but spoke little English, which made things difficult.

My mother worked multiple jobs to support us and she also fished every day. She handmade a long net and would attach one end and swim across the waterway and back with the other end. The net always caught enough fish for us to eat with some left to sell. People didn't have refrigerators, so fish had to be eaten quickly. But I rarely eat fish anymore.

Q: That's quite a journey from subsistence fishing to managing large-scale food service and grocery operations! Thanks for talking with me and welcome to Weavers Way.



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Medicare & Us

Ways to Protect Yourself from Scams and Billing Fraud

by Joan Adler, for the Shuttle

I HEARD ABOUT A MEDICARE SCAM FROM MY friend, and I'm worried it will happen to me. What should I do if I think I've been scammed? Sam

Dear Sam,

It's understandable to be concerned. Luckily, there are steps you can take to prevent yourself from getting scammed.

The best way to stop fraud is to protect your information and review documents carefully. Do not give your Medicare number to anyone unless you have called their customer service line for help.

Below are some common situations where Medicare fraud can occur, and what to do to recognize and prevent it. This helps you recognize higher-risk situations and take actions to protect yourself and Medicare.

About Billing Fraud and Misleading Marketing

Billing fraud occurs when you and Medicare are charged for services you didn't need or receive. It could be from a provider you didn't see at all, or a provider could include inaccurate claims along with legitimate ones. Keep in mind that:

- Suppliers should not send you equipment, supplies or orthotics that you did not ask for. If you receive anything in the mail that your doctor didn't order or that you do not need, someone has used your Medicare number to commit fraud.
- Your doctor should not offer tests or other services that you don't need.

Always check your Medicare Summary Notice or your Explanation of Benefits to make sure the services listed are ones that were necessary and that you re-

ceived. Check the "date of service" and your calendar to see if you were actually at the doctor's office on the date that is billed. If you think you are a victim of Medicare fraud, you can call Social Security (800-772-1213) and request a new Medicare card with a new number.

Misleading marketing can involve someone lying about the benefits you are entitled to through Medicare or Medicaid. It can also involve pressuring or threatening you with negative outcomes if you do not enroll in a plan. Someone may try to improperly influence your decision to enroll in a Medicare Advantage or Part D plan. These are salespeople who make money when you enroll, even if the plan is not the best one for you.

Always verify any marketing information you receive before you enroll. You can check benefits in the plan's benefit manual online or by calling the plan directly.

Never feel pressured to join any plan. Always make sure you understand what the plan is offering you and how all your other benefits are affected. Ask for written information about the plan's benefits. If you suspect that an agent isn't following the rules, keep documented proof—for example, the agent's business card or marketing materials.

If you enrolled in a plan due to misleading marketing, you may be able to disenroll from that plan and switch to another one.

If you have been pressured to change your plan and need help changing back, call your PA MEDI counselor at 215-456-7600.

Protect your information

Medicare has your number. They will not call

you to ask for your Medicare number, Social Security number or any financial information. If someone calls you and says they are from the government or your health insurance plan and asks you for your number, hang up and call the agency directly.

To report fraud, contact:

- 1-800-MEDICARE (633-4227)
- Senior Medicare Patrol Resource Center (877-808-2468)
- Inspector General's fraud hotline at 1-800-HHS-TIPS (447-8477)

Remember the three steps from the Senior Medicare Patrol:

- **Prevent:** Open and read your Medicare statements.
- **Detect:** Look for things like double charges or services you don't recognize.
- **Report:** Contact the Patrol for questions or concerns.

One good way to protect your information is to not reuse usernames and passwords. Although the current Medicare.gov website encourages you to use another government login, it is better to get a separate username and password for Medicare.gov. Ask your PA MEDI counselor if you need help to do this.

Again, you can call PA MEDI at the number above and you can send questions to me at medicare-qa@weaversway.coop.

Joan Adler is a Medicare counselor with Pennsylvania Medicare Education and Decision Insight (PA MEDI), a nonprofit funded through the Philadelphia Corporation for Aging. Email her with questions about Medicare at medicare-qa@weaversway.coop.



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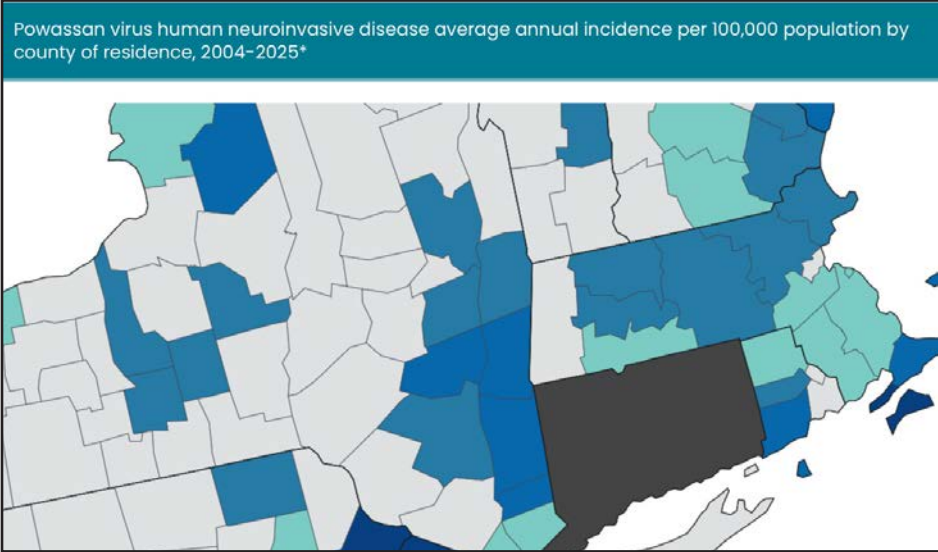
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Tick-Borne Diseases and Their Lasting After-Effects

(Continued from Page 10)



Graphic courtesy of the Centers for Disease Control and Prevention website.

White matter brain disease affects my memory, body fatigue, balance, and fine and gross motor control. Us compulsive gardeners work hard to rehab and compensate.

The Particulars of Powassan

Today my focus is on the rare but increasingly identified deer tick-borne Powassan viral disease. POW has no treatment and no vaccine. The virus infects the bitten person within 15 minutes of contact — no itchy, red rash as an alert. POW is difficult to diagnose and can cause severe, long-term illness. It can also be fatal when it causes encephalitis or meningitis.

Experts advise that we all should be concerned about tick-borne diseases, do our best to avoid ticks, and practice tick-control habits. As for Powassan, be alert and cautious; the virus is simmering.

Currently, the number of active POW cases in the United States is low, according to Dr. Alvaro Toledo, associate professor of the department of entomology at the Center for Vector Biology and the Center for Lipid Research at Rutgers University.

“Historically, there are fewer than 20 cases per year, although in the last few years we have witnessed a record in the number of cases, peaking at 76 last year,” he said.

Most people exposed to or infected by Powassan virus don’t show symptoms or aren’t ill enough to be diagnosed, Toledo added. Two percent or fewer of us already have the Powassan virus in our bodies.

“It is a flavivirus, and we know that the seroprevalence in healthy individuals, which is evidence of infection/exposure to Powassan, is roughly 0.5% to 2% depending on the study,” he explained.

Age seems to be a risk factor; according to Toledo, older people and young children tend to develop severe neurologic diseases more often than young adults. The limited number of cases makes predictions and drawing conclusions difficult.

The few people who get ill can get very sick or die. “The most severe examples for Powassan are cases that involved encephalitis (inflammation of the brain) that

can potentially kill the patient or cause permanent neurological damage,” Toledo said.

Experts agree that there have been 18 cases of Powassan in the United States so far this year; one case has been reported in Pennsylvania. ArboNET at the Centers for Disease Control and Prevention website showed one reported case in the state in 2024 and eight last year.

According to Penn Medicine Infectious Disease Specialist Dr. Anne Norris, Pennsylvania collects adult deer ticks from all 67 Pennsylvania counties and tests them for common and rare or emerging pathogens. In the 2023–2024 adult deer tick season (Oct. 2023 through April 2024), officials from the state’s Department of Environmental Protection collected and tested 4,629 adult deer ticks. Among the ticks tested, statewide Powassan virus infection rates were 0.4%, she said.

Lyme Disease vs. Powassan

According to Norris, diagnosing Powassan requires a high degree of clinical suspicion, such as a patient from an endemic region (Northeast or upper Midwest states) during tick season who has encephalitis, meningitis or sudden paralysis.

She has seen two cases in the last two years and discussed three additional cases with colleagues. So, not a lot compared to Lyme, Anaplasma, and babesia.

“All five POW patients had extensive outdoor exposure and the two that I saw both recalled tick attachments,” she said.

Norris doesn’t have long-term follow-up info. But early on, they were recovering with “significant residual symptoms.”

Overall, she added, Powassan virus infection can be fatal in about 10% of neuroinvasive cases. In addition, 50% of POW survivors have long-term problems (headache, fatigue, and cognitive issues).

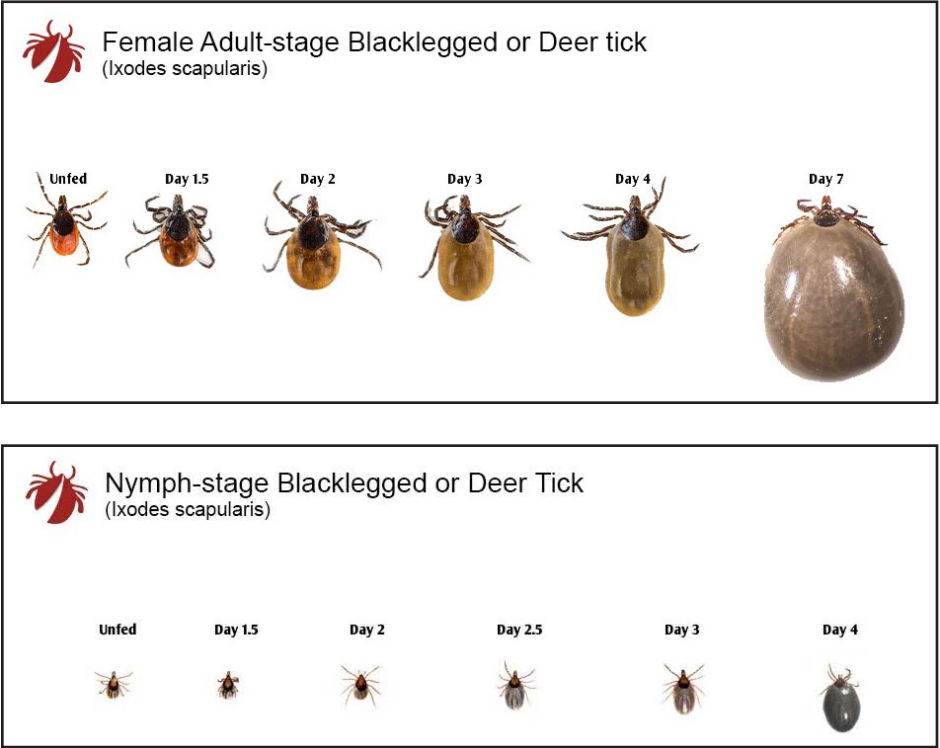
Early on, Lyme and Powassan have similar symptoms, Norris continued, but differences become distinct as the diseases progress. Both share symptoms such as fever, chills, and sweating. Both cause headaches, but

those from POW are more severe. Both cause fatigue, but POW causes actual muscle weakness.

Lyme is far more likely to cause rashes, joint and muscle pain, facial nerve palsy, and swollen glands. POW is more likely to present with seizures, altered mental status, vomiting, and paralysis.

Death from Lyme disease is rare. The vast majority of the estimated 475,000 yearly cases of Lyme disease cause no long-term consequences,” Norris said.

Here in Wyndmoor, my precarious balance, poor memory and painful joints remind me daily that Lyme disease inflicts chronic damage. To avoid Powassan, I’m using my Permethrin spray and stashing handy bottles of DEET in my Highlander and within grabbing distance of my front and rear apartment doors. Let’s all stay safe.



Some Tips for Keeping Tick Bites at Bay

When spending time outdoors in the yard, garden, parks, trails, meadows....

- **Prevent and Protect:** Wear insect repellent that contains DEET (≥20%) or another EPA-approved repellent. Reapply as directed.
- Walk in the center of trails. Stay away from wooded or brushy areas with high grass and leaf litter.
- Treat shoes, socks, pants, shirts, hats, gloves and other wearables with .05% Permethrin as per directions on product labels. Permethrin is an FDA-approved synthetic insecticide for external use only. **Do Not** apply directly to skin.
- Treat gear and items like backpacks and reusable lunch bags with .05% Permethrin as directed on package.
- Check pets daily for ticks, especially after spending time outdoors. Use tick-repellent products.

After Exposure:

- Check clothing, backpacks, reusable lunch bags, tools/equipment and their containers for ticks.
- Conduct a full-body tick check. Shower or bathe within two hours of returning indoors.
- Remove attached ticks with fine-tipped tweezers. Lift tick straight up, then tug to detach tick with mouthparts, if possible.
- Place clothes in a dryer on high heat for 10 minutes to kill ticks.

List compiled with help from the Philadelphia Department of Public Health, Division of Disease Control. www.phila.gov/health/DiseaseControl@phila.gov.

—Kidd

Wistar Institute’s Vaccine Research Against Powassan

Philadelphia’s Wistar Institute includes Powassan vaccine in its advance of immunizations against worldwide health threats such as Zika, MERS, Ebola, SARS CoV2 and CHIKV. “Our lab and Wistar Vaccine & Immunotherapy Center (VIC) has been active in developing rapid countermeasures to novel emerging pathogens,” explains Wistar VIC’s David B. Weiner.

Powassan vaccine research is one of several programs Wistar developed around therapeutic immunization for chronic diseases, Weiner adds. The 2020 Powassan study involved a novel synthetic

DNA vaccine that elicits protective immune responses against Powassan virus.

Powassan viral disease is creeping across the United States, experts agree. Weiner and the Centers for Disease Control report viral spread nationwide as from 47 cases in 2022 to 72 in 2025. Though the infection rate is slow, Weiner says, “it’s important to keep an eye on this pathogen allowing for an appropriate response. The (research) paper describes multiple assays that allow for rapid expansion of the Powassan Virus Vaccine should there be concern.”

FOW Staffers Recommend Their Favorite “Trails Less Taken”

by the Friends of the Wissahickon Staff

IN THE HEAT OF SUMMER, WISSAHICKON Valley Park is a retreat from the baking sun, with the cover of a lush tree canopy and the park’s winding waterways. The park welcomes more than 2.6 million visitors each year, with visitation peaking in the summer.

This influx of nature seekers may disrupt your routine or make popular access points like Bells Mill Road or the Valley Green area less accessible. Luckily, there is no shortage of access points throughout the park’s surrounding neighborhoods of Germantown, East Falls, Wissahickon, Manayunk, Roxborough, Chestnut Hill and Mt. Airy. With help from a few Friends of the Wissahickon staff members, we’ll explore a few lesser-known trailheads.

Marisa Miller, program assistant: While there are 60-plus access points to Wissahickon Valley Park, the one I use 95% of the time is the Wigard Avenue Trailhead, just past where Wigard intersects with Henry Avenue. Yeah, it’s a five-minute walk from my house, but that’s just a bonus. It also provides access to recreational space, horse-watching and the most secluded, on-trail spot for hammocking I’ve yet found in the park.

When you turn off Henry Avenue onto the driveway that leads up to the trailhead, the first thing you’ll probably notice is the pen on your right, where a dozen horses from Saul Agricultural High School graze. Next is an abundance of parking — frequent park users know how rare and wonderful that can be. You can also access this trailhead via the Route 27 bus.

I’m always surprised by how few people I see utilizing the space. Next to the kiosk, you’ll find an almost-always empty field that’s perfect for frisbee, picnicking, wildlife watching or whatever else your heart desires. I combined all the above for my birthday party last year!

As you start onto the trail, you’ll come upon another pen on the left; this one keeps deer away from the native plants

protected inside — a years-long project managed by Philadelphia Parks & Recreation. It must be working, because I am always awestruck by the number of bird-songs I hear in this area. Wood thrushes, veeries and woodpeckers of all kinds gather here in droves. Don’t sleep on the Wigard Avenue trailhead — especially you RoxYunkers!

Pauline Berkowitz, director of capital projects: I’m partial to the Sumac Street Trailhead, my local trailhead in the Wissahickon neighborhood. Located at the intersection of Sumac and Vicaris streets, it exemplifies the experience of feeling transported from a city or residential street to the forest. You can access this trailhead via the Manayunk/Norristown regional rail or the Route 9 bus.

After stepping down a handful of log steps (built by FOW staff and volunteers in 2016), you come upon one of our park information kiosks, which is one of only four that includes a corkboard on the back for community notices. Go to the right and you’ll eventually reach 100 Steps (which is 103 steps long!), an iconic park attraction that connects the Wissahickon neighborhood to the Paved Wissahickon Trail.

If you take a left from the trailhead, you come upon a series of spectacular tulip poplar trees as you head toward an access trail to David P. Montgomery Field. As I walk along, I listen to the competing hums of tree rustles and cars whizzing by on Lincoln Drive until I pass Hermit’s Cave, followed by the Hermitage. From late 17th-century mystics to 19th-century mansions, both park landmarks carry much lore and merit their own articles. They are both worth visiting.

I love my trailhead so much because my route to Forbidden Drive is along a trail that carries you down into the valley, with dramatic views of Wissahickon Creek and the Blue Stone Bridge. This trail is hiker-only due to the bedrock outcrops that make up much of the trail tread. It also features a lookout where Ten Box is visible across the creek in the wintertime and is not to be missed.



Photo by FOW staff



Become a member with FOW and we’ll send you a trail map so you can explore everything the park has to offer!



Sara Stevenson, executive director: Our family turns into the Park Line Trailhead, accessed by the Route 53 bus and the Chestnut Hill West regional rail line, almost on autopilot.

Located just off Park Line Drive and Hortter Street, it’s a quiet, unassuming entrance, an unmarked gap in the trees that gives no hint of what’s beyond it. From the threshold, choices begin: hard right up the White Trail, maybe a stop at the Toleration Statue. More often, we head straight down the access trail onto the Orange Trail, past the sewer pipe and between the guardian rocks left behind by an old dynamite blast.

The route is so familiar we hardly discuss it anymore. We scramble down to Kitchen’s Lane Bridge and cut over to Dog Beach to skip stones. Back on the Orange Trail, we cross Fingerspan Bridge — unless the dog is with us. Our German shepherd mix refuses to walk on

the open grating, which means I carry 60 pounds of reluctant dog across, much to my kids’ delight. Or we’ll meander along Forbidden Drive for a longer trek before looping back to Park Line.

The trailhead is my favorite because it drops us straight into the park, like jumping into the middle of a favorite novel. We pick up where we left off and already know the characters.

Still, even after countless visits, the route feels slightly different every time. A storm changes the creek crossing. A fallen tree becomes a new obstacle. The kids notice something I would have walked past. That’s the quiet magic of Park Line: familiar enough to feel like home, but never the same walk twice.

For more information about the park and how to get there, visit our website, fow.org.

We hope to see you out on the trail!



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Gathering at Temple Ambler Focuses on Post-Tornado Transformation

by Anne Brennan and Mariana Bonfim, for the Shuttle

ON THE FIVE-YEAR ANNIVERSARY OF THE TORNADO that transformed the campus landscape and surrounding communities, Temple University’s Ambler Field Station and Ambler Arboretum invite the public to “From Disturbance to Discovery,” a free event on Sept. 1 from 5 to 8 p.m. in Bright Hall on the Temple Ambler Campus. The program will showcase how the campus became a living laboratory for ecological research, student learning, restoration and community engagement.

The event reflects the idea that while the 2021 tornado changed the landscape, the response of students, researchers, volunteers and the community transformed it into a legacy of discovery.

Since the tornado, the field station has coordinated long-term research documenting the ecological recovery of the forested area of our 187-acre campus. What began as an emergency response evolved into a living laboratory in which students, faculty and community members continue to study how forests respond to disturbance and adapt over time. More than 100 undergraduate research internships have been built around this landscape, giving students the opportunity to contribute to long-term ecological research while helping shape the future of forest science.

The forest continues to serve as both an outdoor classroom and a place of discovery, in which every season brings new questions, new learning and new opportunities. At the event, current and former student researchers will share how participating in this long-term project shaped their education, careers and understanding of ecological resilience.

After the tornado, the Ambler Arboretum selected and planted over 1,000 trees in other campus areas to offset the more than 500 trees that were lost. This effort has focused on replacing lost tree canopy and enriching the arboretum as an outdoor classroom for students, includ-



Photos courtesy of Temple Ambler Field Station

Left: Upper Dublin High School students participated in research with the Temple Ambler Field Station after the Sept. 2021 tornado. Here, two students recorded each surviving tree’s circumference to track future growth.
Right: Gravel paths wind through the Food Forest, one of the recent garden additions at the Ambler Arboretum.

ing the creation of entirely new gardens. New features include the Climate Resilient Garden, the Food Forest, the Green Screen, the Vernal Vista, the Waterwise Garden and the Campus Heritage Garden, as well as new oak and maple collections.

The gathering will include light refreshments, brief remarks by Ambler Campus researchers and arboretum staff, musical performances inspired by the storm and recovery, and a discussion panel with representatives from the campus, Upper Dublin Township and residents. Attendees are also invited to view student research on display and meet neighbors who have walked their own paths to recovery after the tornado.

Event attendance is free with registration. Scan the QR code on this page to register.



FROM DISTURBANCE
TO DISCOVERY

EVENT
REGISTRATION

Anne Brennan is the assistant director for plant curation and community outreach for the Ambler Arboretum of Temple University. Mariana Bonfim is an assistant professor of biology and managing director of Temple’s Ambler Field Station.

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Ambler EE Event Connects Co-op Growers and Retailers by Equal Exchange

by Equal Exchange



The Ramón family shares knowledge and anecdotes in a staff training at Weavers Way Co-op in Ambler, PA.

IN JUNE, WEAVERS WAY STAFF visited with members of the Asoguabo growers group at our Ambler store. The visit was coordinated by Equal Exchange, which supplies the Co-op’s bananas along with other fairly traded products.

The Ramon family, which helped found Asoguabo in 1997, also met with representatives of Four Seasons, the Co-op’s main produce supplier, along with staff from Mom’s Organic Market.

ket. It was news to many that every part of the banana plant is used. After the harvest, plant material is returned to the soil and used as fertilizer.

The group discussed the various benefits of being part of the organization, including producer-members voting for Premium dollars to fund projects like a medical center in their community, a biofactory to generate soil inputs and laptops for school-aged children.

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Fall Veggie CSA

8 weeks: Oct 26 - Dec 14 / \$200-\$400

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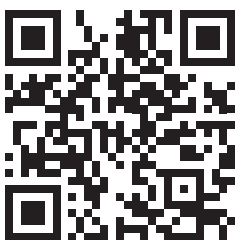


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Braille Trail Offers a New Way to Experience Dodsworth Run Preserve

by Gabrielle Fatula, Wissahickon Trails Communications Manager

WHEN IT CAME TIME TO CHOOSE her Girl Scout Silver Award project, Bryn Hamilton knew she wanted to create something that would serve the community long after the project was complete. After learning about Braille trails in other parts of the world, she realized she had never seen one close to home.

“I think that nature is for anyone and everyone, and we all deserve a chance to be in nature and learn about the environment,” Hamilton said. “I had heard about Braille trails before but had never seen one, let alone one in our area. I thought making one for my Silver Award project would be a good resource for everyone in the community.”

That idea became reality with the addition of the new Braille trail at Dodsworth Run Preserve.

Working alongside Wissahickon Trails, Hamilton researched the preserve’s habitats and wildlife, wrote the interpretive content for four Braille signs, and with help from her family, installed a rope guide that allows visitors to navigate the trail independently.

Along the trail, visitors can learn about habitat succession, bat boxes,

chimney swifts and the wildlife that depends on these changing habitats. The signs offer a deeper understanding of the preserve as they make their way along the route.

To celebrate the project’s completion, Wissahickon Trails welcomed members of the Montgomery County Association for the Blind to explore the trail and share their feedback. Their visit marked the beginning of what Hamilton had hoped the project would become: a place where more people can connect with habitats and wildlife

The Braille trail also reflects a broader effort to make outdoor spaces more welcoming and accessible. Over the past several years, Wissahickon Trails has worked with accessibility partners, volunteers and community members to make its preserves more welcoming for visitors of all abilities.

With the added modifications, visitors to Dodsworth Run Preserve will find a path that can be explored through touch and sound. What began as one person’s idea is now a lasting addition to the preserve — one that will help more people connect with nature for years to come.



Photos courtesy of Wissahickon Trails

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A No-Nonsense Guide to the Proper Picking of Your Garden Harvest

by Sally McCabe, for the Shuttle

AUGUST IS ONE OF THE BUSIEST HARVEST MONTHS in the Zone 7 garden. After months of watering, weeding, and waiting, your backyard or community garden is likely bursting with color and life. But your work as a gardener doesn’t end when the fruit sets on the vine.

Knowing how to harvest vegetables is as important as knowing how to grow them. Proper harvesting improves flavor, extends shelf life and encourages plants to keep producing until the first frost. Whether you want to enjoy the best-tasting dinner possible, reduce waste in your own kitchen, or prepare a beautiful basket of extra produce for local food pantries, mastering the art of harvesting ensures nothing you grow goes to waste. After all, keeping your beautiful crops purely as “pets” or as art on your kitchen table is not the best use of your summer bounty.

To get the most out of your harvest, follow these guidelines:

Pick During the Coolest Part of the Day Early morning, just after the morning dew dries but before the intense summer sun beats down, is prime time for harvesting vegetables. Overnight, plants replenish the water they lose during the day, making them crisp, hydrated and full of natural sugars. Avoid harvesting during the heat of the afternoon, when plants are stressed, wilted and rapidly releasing moisture.

Use Clean, Sharp Tools Never rip, yank or snap a vegetable off the vine. Pulling can damage the plant’s delicate root system or tear the main stem, leaving a ragged wound that invites pests and disease. Keep a sharp pair of pruners, kitchen shears or a dedicated harvest knife on hand. Sterilize your blades regularly with rubbing alcohol to prevent spreading pathogens from plant to plant.

Handle Harvested Produce Carefully Treat your fresh vegetables like fragile eggs. If you drop them roughly into a plastic bucket, minor, invisible bruises will quickly turn into soft, rotten spots. Place your items gently into shallow baskets or breathable containers and immediately move your harvest container into the deep shade while you finish the rest of your garden chores.

Wait to Wash Produce Moisture is the ultimate enemy of storage life. When you bring your crops inside, brush or wipe off excess soil with a dry cloth or a soft brush. Store them completely dry and wash your vegetables thoroughly under cool, running water just before eating, cooking or processing.

Cool Produce Quickly Field heat accelerates decay. Move your vegetables out of the direct sun immediately upon picking. For crops that benefit from refrigeration, get them into the crisper drawer as soon as possible to lock in freshness.

Store Each Vegetable Properly



Cucumbers from PHS Subaru Park Garden

Not all veggies like the same climate, and mixing them up can cause rapid spoilage. Refer to this storage breakdown:

- **Tomatoes:** Keep at room temperature out of direct sunlight. Putting them in the fridge destroys their texture and mutates their rich flavor.
- **Cucumbers and Peppers:** Store in the coolest part of the refrigerator (closer to the door or front) in a loosely tied plastic bag.
- **Leafy Greens:** Wrap loosely in a damp paper towel and place inside a sealed bag or container in the crisper drawer.
- **Root Vegetables (Carrots, Beets):** Twist off the leafy green tops immediately (since they draw moisture away from the root) and store the roots in a plastic bag in the fridge.
- **Herbs:** Treat tender herbs like basil as you would fresh flowers — place their stems down in a glass of water on the counter. Hardy herbs like rosemary do best when wrapped in a damp paper towel in the fridge.

Gardener’s Pro Tip: Frequent harvesting is a biological trigger. For many classic summer crops like beans, cucumbers and zucchini, the plant’s ultimate goal is to produce mature seeds. If you harvest the vegetables while they are still young, the plant “panics” and produces even more blossoms to try again. Picking your crops every 2 to 3 days actually multiplies your total yield!

Harvesting Produce for Food Donation

As part of Weavers Way’s ongoing community outreach and our recent Pew grant workshops, we are heavily focused on addressing local food security. Donating your surplus backyard bounty helps reduce food waste while directly supporting neighbors who are experiencing food insecurity. However, food pantries cannot accept kitchen scraps. Donated food must be treated with the highest level of care.

When preparing harvested produce for local donation sites, please keep these critical standards in mind:

- **Harvest Only Fresh, Healthy Produce:** If you wouldn’t buy it at the Co-op or serve it to your own family, please do not donate it.
- **Avoid Bruised or Overripe Vegetables:** Overripe crops rot rapidly in transit. Choose firm, slightly under-ripe or perfectly ripe vegetables that can handle transportation.
- **Handle Produce Gently:** Keep donation crops separated in clean, shallow boxes or crates to protect them from being crushed.
- **Deliver Donations Promptly:** Coordinate your harvest time with the dropoff hours of the receiving food pantry or organization so the food arrives crisp, cool and ready for distribution.
- **Follow Specific Guidelines:** Check with your local food pantry ahead of time regarding preferred packaging (such as paper vs. plastic bags) and accepted varieties.

Common Harvesting Mistakes to Avoid

- **Waiting too long:** Bigger is rarely better in the vegetable world. Overgrown vegetables lose flavor, turn bitter and become tough or stringy.
- **Harvesting in midday heat:** This wilts the plant and causes the picked produce to go limp almost instantly.
- **Yanking and pulling:** This causes physical trauma to the plant, breaking branches and exposing open wounds to pests and disease spores.
- **Pre-washing everything:** Storing wet vegetables encourages mold and turns your crisp greens into slime.
- **Leaving harvest in the sun:** Just 15 minutes in the direct summer sun can dramatically shorten a vegetable’s potential shelf life.

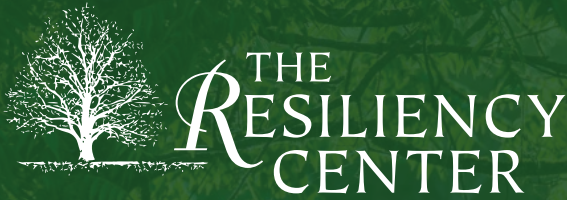
Harvesting is the final step in the growing cycle and plays an important role in preserving flavor, extending freshness and reducing waste. With proper harvesting techniques, you’ll enjoy better-tasting food, healthier plants and more opportunities to share your garden’s abundance with others. Happy harvesting!

Sally McCabe is associate director of community education at the Pennsylvania Horticultural Society.



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All About Produce’s Dirty Dozen and Clean Fifteen

by Becca Dickstein, Weavers Way Environment Committee

HAVE YOU SEEN SIGNS IN THE PRODUCE section of Weavers Way stores alerting you to the “Dirty Dozen” and the “Clean Fifteen?” Here’s what they’re about and why it’s important.

First, the benefits of eating conventionally grown fruits and vegetables far outweigh the risks of pesticide exposure. Growers must meet U.S. Department of Agriculture standards for pesticide residues to sell conventionally grown food. Pesticides are expensive, and farmers only use them when they think they need to.

Many conventional farmers use integrated pest management practices to minimize pesticide use to bring down the cost of growing produce and to provide products of which they can be proud. The Co-op sells both conventionally grown and organically grown produce.

The Environmental Working Group produces the Dirty Dozen annual guide to help you decide when it might be worth the extra money to buy organic produce. The EWG ranks conventionally grown produce by the amount of residual pesticides found on each fruit or vegetable and weights them by relative toxicity. The latest Dirty Dozen guide (most residual pesticides) was released on Mar. 24; you can find it at www.ewg.org/foodnews/dirty-dozen.php.

The EWG also releases the yearly Clean Fifteen — a list of conventionally grown produce with the least amounts of pesticide residues. The EWG ranks another 20 types of produce, not just the 27 covered by the Dirty Dozen and Clean Fifteen, and the complete list of 47 is available on their website. The EWG provides webpages with explanations of their methodology at www.ewg.org/foodnews/methodology.php. They published a scientific paper last year with a detailed methods section (Temkin et al. 2025. Int. J. Hygiene & Environ. Health, DOI: 10.1016/j.ijheh.2025.114654).

The EWG obtains pesticide data from the U.S. Department of Agriculture Pesticide Data Program. Every year, the USDA tests produce at different locations in the country for pesticide residues and releases the data about two years afterward; the 2024 data was released in the spring of 2026. It did not report on all 47

tested fruits and vegetables because only some produce types are tested each year. Therefore, the rankings found for different produce in the EWG lists come from data collected at different times.

Additionally, each type of fruit or vegetable the EWG ranks relies on different tested sample numbers. For example, spinach was tested by the USDA most recently in 2015-16 and comprised 1,295 samples, while the results for cherry tomatoes are from USDA data released in 2024-25 and comprised 495 samples.

Before testing, the USDA prepares fruits and vegetables similarly to how people prepare them at home. Fruits with inedible rinds, like oranges and bananas, are peeled before testing, while produce like apples that have edible peels are rinsed under running water for 15-20 seconds but not peeled.

The EWG takes the USDA data for each type of produce and categorizes it using four measures: 1) Percent of samples having detectable pesticide residue, 2) Different pesticides found in a particular sample, 3) Average total pesticide detected, and 4) Toxicity of pesticides detected. This last metric is informed by published scientific studies with toxicity reference values, also known as acceptable daily intake by humans. These are defined by the U.S. Environmental Protection Agency and the European Food Safety Authority. The four measures are combined into the final rankings that result in the Dirty Dozen, the Clean Fifteen and the 20 in-between.

Generally, the produce on the Dirty Dozen list comprises those that are eaten as leaves, like collards, mustard greens and spinach. Others on the Dirty Dozen list include fruits that are eaten without peeling, like peaches, strawberries and grapes. By contrast, the Clean Fifteen list



has produce types with rinds and peels that are removed before consumption, like watermelons, avocados and bananas.

The EWG puts together a guide to washing produce that can be obtained on request at their website. It suggests rinsing produce under running water or soaking it in water to help remove surface dirt, germs and pesticides. The EWG suggests that baking soda or white vinegar could be used as additives to soaking water, with thorough rinsing afterward. They advise against soaking, washing or rinsing food in soaps, detergents, bleach or produce washes because of food safety concerns.

Not all produce types are ranked by EWG; popular veggies like beets, Swiss chard and broccoli rabe aren’t on the list. Neither are fresh herbs.

The EWG doesn’t weigh pesticide exposure by farm workers and farmers when preparing its guide. The group also doesn’t factor in the environmental impact of conventional vs. organic agriculture for their lists. To many, these are important considerations when deciding between conventional versus organic produce.

In addition to conventional and organic options, Weavers Way shoppers have access to produce grown on the Co-op’s two farms. While neither is certified organic, neither uses chemicals. So Weavers Way farmers are not exposed to potentially harmful pesticides, and the food they grow doesn’t have pesticide residues on it.

Remember: Whether organic or conventional, it’s important to eat your fruits and veggies!

Dr. Becca Dickstein is a plant biologist who worked on sustainability using biochemical, molecular and genetic tools.



EWG's 2026 DIRTY DOZEN™

1. Spinach	8. Apples
2. Kale, collard & mustard greens	9. Blackberries
3. Strawberries	10. Pears
4. Grapes	11. Potatoes
5. Nectarines	12. Blueberries
6. Peaches	+ Green beans
7. Cherries	+ Bell & hot peppers



EWG's 2026 CLEAN FIFTEEN™

1. Pineapple	9. Cauliflower
2. Sweet corn	10. Watermelon
3. Avocados	11. Mangoes
4. Papaya	12. Bananas
5. Onions	13. Carrots
6. Sweet peas	14. Mushrooms
7. Asparagus	15. Kiwi
8. Cabbage	

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Ways to Keep Cool Without Your AC

by Marsha Low, Weavers Way Environment Committee

The 4th of July weekend heatwave in Pennsylvania and other states broke a lot of records. The one in late June in Europe broke records, too, and led to more than 10,000 deaths on a continent that has far fewer buildings with air conditioning than here. As I write this, a mid-July heatwave for our area is lurking, but will be of a shorter duration.

Intense heatwaves put a strain on energy grids, our wallets and the environment due to the excess use of air conditioning. While the AC may be necessary in certain environments and on extra-hot days, I believe that we rely too much on it.

There are common sense things we can do to keep our homes relatively cool without cranking up the AC:

- Install curtains or shades. During the day, particularly when windows are getting direct sunlight, close the shades or curtains, then open them later in the day or in the evening.
- Stay hydrated.
- Use fans.
- If you can afford to, install overhead fans in rooms where you spend the most time. If you have fans, you can keep your air conditioning set at a higher level, because the fans will also help you feel cool.
- A big part of the reason you feel hot is because of the high humidity. Once your air conditioning reduces it, you’ll feel cool enough to set your thermostat higher. You can also use dehumidifiers to reduce humidity levels.

It’s a vicious cycle: High temperatures cause us to use air conditioning more. The higher use of AC in more places contributes to higher temperatures through the release of greenhouse gases. Those higher temps further increase the demand for AC, and so on.

We can reduce our impact on the environment by using our AC less, setting our thermostat higher and relying on common sense methods to help keep us cool. Bonus: Our energy bills will be lower, too!



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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

REETINGS AND THANKS FOR WRITING. Email suggestions to suggestions4norman@weaversway.coop. As usual, suggestions and responses may have been edited for brevity, clarity, and/or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

Recently, I visited a defunct restaurant, a fairly large one, that was part of a regional chain. Part of the visit involved looking at the equipment that remained. I saw something I never saw before — a large waste oil tank in the basement that was plumbed into their cooking equipment and connected to an exterior valve for use by the waste- oil truck for easy pickup.

Waste oil is not unusual. Any kitchen that fries produces waste oil, including home kitchens. There are various ways to properly dispose of waste cooking oil; pouring it down a drain is not one of them. Home kitchens are supposed to put it in the trash, hopefully after solidifying and containing it. Philly once had a “Feed the Barrel” program to provide waste cooking oil recycling for residents, but the program seems to have petered out around 2020.

Commercial kitchens that produce a significant volume of waste oil usually pour it into outside collection tanks and employ a service to pick it up. Typically, it gets recycled one way or another, into animal feed, biofuels, etc. This is what Weavers Way does.

Seeing a food service facility that produces enough waste oil to need an internally piped collection system had me wondering about the volume of fried foods it produced. I’ve noticed that, at many restaurants, the volume of french fries served often exceeds the amount the average diner could possibly eat, even if it were the main course, let alone a side dish served with other side dishes, a main course and bread. Eyeballing finished plates at restaurant tables often shows leftover french fries dominating the scene.

Most people are aware that food waste is a big problem in this country, and I have to believe uneaten french fries from restaurants occupy a large portion of that. Conventionally grown potatoes are a



relatively cheap food per pound, so maybe that’s part of why the portions are so large. At large restaurants, uneaten fries likely end up in the garbage disposal, so in theory they end up as sewage sludge, which hopefully gets composted by municipal water systems. Wasted food and frying oil collection systems sometimes reinforce my thought that our food system seems bizarre.

Recent food news has mentioned a lot about Cyclospora outbreaks, which, in addition to the health effects and food production processes that cause it and allow it to spread, includes links to politics, government, business and food safety in general. At the Co-op, we have a mix of produce sources — like most markets — that sell a full selection of produce year-round. We rely on distributors that source from domestic and foreign producers, many of whom are large scale, like Taylor Farms. Unlike most markets, we also prioritize smaller, more local distributors and producers when we can.

Although a foodborne illness can happen anywhere food is handled (including one’s own kitchen), an illness is less likely to become widespread from smaller, more local producers. As far as politics goes, in general we don’t vet brands or companies. That would almost require us to have an investigative reporter on staff.

If you pick a product off the shelf of a modern market, especially if it’s a branded, packaged product, it likely has multiple ingredients sourced from numerous companies and locations around the world. These companies operate in a variety of different ways, with various owners and supply chain components.

A company’s supply chain can include companies outside the production part, including warehousing, trucking, equipment, business services like insurance, banking, payroll, waste, utilities, etc. All of them have employees with dif-

(Continued next page)



Norman Says:

EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

Read SUGGESTIONS
by Purchasing Manager
Norman Weiss every
month in the Shuttle.

International Co-op Principles

1

Voluntary and Open Membership

2

Democratic Member-Owner Control

3

Member-Owner Economic Participation

4

Autonomy and Independence

5

Education, Training and Information

6

Cooperation Among Cooperatives

7

Concern for Community

(Continued from previous page)

ferent views on political issues, so it’s hard to pinpoint a company’s values and impact on the communities it affects.

Sometimes a company’s actions are so egregious and public that it’s possible to take an action like a boycott, despite the impact on the non-owners. While no one is calling for a boycott of Taylor Farms, should one be suggested, the impact on the farmworkers affected and the rest of their supply chain (independent truckers, etc.) should also be factored in. This current outbreak shows how large-scale food industry contrasts with the values of smaller, more local food systems, despite the often-higher prices it takes to make local systems sustainable.

suggestions and responses:

- s:** “I spoke with Amanda today about this and am emailing a request as well. Please stock the “old fashioned” flavor of Wakim’s Hummus instead of one of the other flavors. You carry it at the other Co-op locations, but not at my local Mt Airy store. This flavor is the only hummus I can find that does not contain tahini, which is an important dietary restriction for many members. Thanks so much.”
- r:** (Jess) Thanks for reaching out about the old-fashioned hummus from Wakim’s. We will start stocking this flavor in the Mt. Airy store. We appreciate you pointing out that it is the only one without tahini, making it unique in the hummus lineup! Please note that it may take us a week or two to cycle out the old product.
- s:** “Would it be possible to stock bulk virgin olive oil that is less expensive than pre-bottled options? I thought that was a primary benefit of buying a bulk item, in addition to less waste, and was surprised to spend \$35 when refilling an old olive oil bottle. Thanks for

“
An illness is
less likely to become
widespread from
smaller, more
local producers.”

- considering.”
- r:** (Matt) We do our best to maintain lower pricing on bulk products compared to equivalent packaged product. Unfortunately, in the case of olive oil, we don’t really have a bulk product in the same price range as our most affordable packaged olive oils. I believe the oil you purchased to refill your bottle was our house brand, which retails for \$13.99 bottled, compared to \$11.99 a pound in bulk. Please let me know if you have any further questions or feedback!
- s:** “There was or maybe still is a produce store on Route 202 that had Jersey tomatoes in the summer. Would it be possible to have them in the Ambler store?”
- r:** (Mira) Our preference is to support our local Pennsylvania wholesale produce farmer cooperatives where we can. So far, they are not offering Jersey tomatoes. As a consolation, we do stock a canned Jersey tomato in our Ambler grocery aisles.

- s:** “Could we stock plain couscous in bulk in Germantown?”
- r:** (Matt) We have not found the space for it in the set yet, but it is on my radar!
- s:** “Will LeBron’s presence in Philly affect the local food scene?”
- r:** Few people are aware of the causal relationship between basketball and stone fruit. Basketball was “invented” in 1891 at Springfield College in Massachusetts by James Naismith, who was tasked with finding a recreational athletic activity that could be played indoors and not result in lots of injuries to keep the young men who had been playing football and lacrosse active during the off-season. He had the idea for a game with teams, a ball and a goal, but in which the goal would not be a defensive line to break through like in football and rugby. Rather, he wanted “a goal with a horizontal opening high enough so that the ball would have to be tossed into it, rather than being thrown.”
- Naismith asked the janitor for a couple of wooden boxes to use as goals to be mounted overhead, and the janitor came back with two peach baskets. It seems like a missed opportunity for the peach industry to never have used this story in marketing. The NBA has had food marketing relationships, including a major one with PepsiCo, and even had “Ruffles Athletes” and a “Ridge 4-point line” at an NBA special event.
- Whether LeBron’s presence has an effect on the local food scene remains to be seen, but since everyone eats, including superstars, it seems likely there will be some effect. These days, you can probably place a bet on if he will ever buy a cheesesteak and, if so, when and where.

O.P.I.N.I.O.N

Still Have a Landline? A Few Tips from a Fellow Boomer

by Michael Martin Mills, for the Shuttle

“HELLO! YOU’VE REACHED Michael’s landline. So, here’s the deal. Yes, I obviously still have a landline. I’ve got reasons; it’s complicated — whatever. But I almost never use the landline. I rarely answer it even when I’m home, and I gotta admit I can go many days without checking to see if there are any voicemails on it. So, umm, I think it would be much better if you called or texted my cell phone. Anyway, if you dare, here’s the beep to leave a message.”

I’m pretty sure you don’t have such an accurate spiel when your landline receives a call. There are an increasing number of you who are on my you-know-what list because your landline is the only number I have for you and I —

like Charlie Brown and the football that Lucy snatches away before he can kick it — leave a voicemail after the beep that follows your voice saying, “I’ll get back to you as soon as possible.” Ha! Might as well mail you a letter.

There’s something generational going on (as in, I know the age cohort of most people I call). Like me, you’ve had the same landline phone number for ages. You may even know that a 288 “exchange” (yes, ancient vocab) used to be BUTterfield 8. The landline may be part of your “bundle” (marketing vocab) from the phone company, so why ditch it?

But it’s the 21st century. Taking — and sharing! pictures of the grandkids

and beautiful dinner table settings and your cat (invasive exotic species, carnivorous) is so much fun, so of course you’ve basically switched to a cell-only life. Plus, how else are you going to call the spouse who’s out grocery shopping and say to pick up some more glucosamine?

Ok, Boomer (I get to say that since I’m one, too, with a three-digit Weavers Way member number); it’s time for an upgrade. If you’re not using the landline, get rid of it and inform everyone in your Rolodex that the landline is toast and your cell number is whatever it is. Or set up your landline so all calls are instantly forwarded to your cell. (Or even ditch the landline, but keep the number for a new cell phone. Definitely doable.)



Or change the greeting on your landline to a version of the first paragraph above.

One last suggestion: Check the damn landline’s voicemail function every day.

Beep.



WEAVERS WAY ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

AS A RESULT OF ALL WE DO:

- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- END 4** Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op’s long-term vision.
- END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- END 6** The local environment will be protected and restored.
- END 7** Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.



WEAVERS WAY EVENTS

Customer Appreciation Event at Weavers Way Germantown

Saturday, Aug. 8 11 a.m.- 3 p.m.
328 W. Chelten Ave.
Come by to enjoy live music, free hotdogs and refreshing treats!

Making Cyanotype Prints

Friday, Aug. 14
3-5 p.m.
Weavers Way Farm
7095 Henry Ave., Roxborough
Gather with us on the farm to learn about cyanotypes, an early photography process that utilizes the sun. We will share history and make our own prints out of plant matter from around the farm. Feel free to bring additional items to print with!
Tickets are \$35 per person and can be purchased at the Farm Market register.

Weavers Way Emergency Response Network Community Picnic

Sunday, Aug. 16
5-8 p.m.
Militia Hill Pavilion
Fort Washington State Park
Join us for WERN's first community potluck picnic! Bring something to share and enjoy the evening connecting with other members. Exchange ideas about emergency preparedness, play games and have fun! Please use the entrance off Joshua Rd to get to the pavilion. RSVP to preparedness@weaversway.coop. You can also email to request a ride.

Virtual New Member Orientation

Wednesdays, Aug. 19 & Sept. 16
6:30-8:30 p.m.
We encourage all new members to attend a member orientation, which are now virtual! This session will include an overview of membership at the Co-op, how it works and why it's valuable. We'll explore our online Member Center, discuss the benefits of membership and help you choose if working membership is right for you! You will receive a zoom link by email prior to the meeting. Questions? Contact membership at member@weaversway.coop or (215) 843-2350 ext. 119.

Live Music Summer Special: Third Thursdays

Thursday, Aug. 20
6-7:30 p.m.
Weavers Way Ambler
Join us for a fun evening in Ambler's cafe with music from Sarah Komins and her dad, plus free sundaes!

Live Music at the Co-op

Thursday, Aug. 27
6-7:30 p.m.
Weavers Way Ambler
Join us in the café at our Ambler store for playful folk and rock from the Time Travelers. Grab something yummy from our hot bar and a cold beverage and sit back and listen. We will also have board games for guests to enjoy.

Making Zinnia Garlands

Friday, Sept. 11
3-5 p.m.
Weavers Way Farm
7095 Henry Ave., Roxborough
Participants will join us in harvesting zinnias and stringing them to make a three-foot garland which can be dried and last for seasons to come.
Tickets are \$35 per person and can be purchased at the Farm Market register.

ALL EVENTS ARE FREE Unless Stated Otherwise.

Membership Office & Notary Hours

Mt Airy: 555 Carpenter Lane
Membership and Notary Services
Monday - Friday 11 a.m. - 6 p.m.

For more info: www.weaversway.coop/events



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Artists in Our Aisles

Daniel Endicott

Working predominantly in oil paints, Daniel creates portraits and figurative works that deal with personal mythology, invented memories and untrustworthy history, all within a comical and highly staged environment. He was born in Abington Township in 1981 and takes influence from the works of Beckmann, Guston and Freud, applying them to his paintings with a style rooted in classical practices. He is best known for comical portraits and figure paintings and has shown in several galleries, including Exhibit B, MK Apothecary, The Fairmount House and other spaces throughout Philadelphia.



"I am inspired by the absurdity, comedy and overwhelming mystery of the world. Through figurative paintings, illustrations and lately, wood carvings, I highlight the little bits of life that remind me we are only here for a short time so we should laugh, cry and marvel at the whole show."

SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

Please submit the following to Richard Metz (thembones2@hotmail.com):

- Two 4" x 6" high-resolution images (300 dpi)
- A short statement about the work
- A short bio
- A headshot
- A link to a website if you have one



Weavers Words

IF ONLYS

If onlys, small regrets, lost honor
steal time, joy, and pride
before learning forgiveness.

—Marilyn Wimp

LANDSCAPE OF THE HEART

In the autumn,
When the leaves fall onto the lake,
You say you have to leave.
I feel my heart will break.
In the winter,
When ice and winds blow up a storm,
Memories of your embrace,
Keep my poor heart warm.
In the spring,
When birds come back to build their nests,
You do not return.
My aching heart's bereft.
When summer comes,
Boys and girls dance in fields of flowers.
The pleasure that they share,
Will no longer be ours.

—Paul G. Whittaker

HATE

Hate is deep as a canyon,
black as a coal mine,
impenetrable as granite,
relentless as hunger,
hot as lava,
cold as heartbreak,
caustic as lye,
poisonous as grievance,
unmovable as belief,
contagious as a plague,
common as grass.
Hate has many faces
and a head full of snakes
that turn haters to stone.

—Paul Selbst

Our Submission Guidelines:

1. Original poems must be of a reasonable length. Lengthy poems that are the subject of a reflection will be excerpted.
2. The Shuttle editor has the final say as to whether a poem or reflection is suitable for publication.
3. The number of poems or reflections in an issue is determined by the amount of space available.
4. Members and nonmembers are welcome to submit.
5. Email your submissions to editor@weaversway.coop and put "Poetry submission (or reflection) for Shuttle" in the subject line.



Imagining a World Without Waste

How to Navigate the Pitfalls of Plastic in the Garden

In a world full of plastic, gardening can feel like the ultimate sustainable activity. My hands are deep in the soil, there are no toddlers demanding disposable pouches and it’s just me, some seeds and my... plastic watering can, plastic seedling pots, plastic seed tray, plastic bags of soil, plastic plant labels... dagnabbit.

Modern gardening can quickly turn into a plastic-dependent hobby. A lot of the use feels unavoidable, but there’s a lot we can do to re-embrace the sustainability of this pastime. When I stop and think about how to reduce my use of plastic, I end up trying new things, building new skills and often saving money. So, why not try something different this gardening season?

Here are some ideas to get your wheels turning. If my toddler can embrace a reusable pouch, we can change our gardening habits!

Repurpose While Trying Something New

Think about the amount of small plastic yogurt cups your kids use — or your neighbor’s kids, or your other neighbor who talks to you about probiotics. I’m sure someone on your block eats yogurt. Clean them up, poke a few holes in the bottom and start some seeds.

Starting seeds indoors is so gratifying as a solo or family activity. You grow something, care for it and reap the benefits (which is sometimes hard to feel when parenting). Try it out! You don’t need anything fancy. Fill an empty strawberry clamshell with moist soil, put in some seeds, close the clamshell, open it when the seedlings emerge and then stick the whole thing in a sunny window.

There are so many single-use plastic containers we can repurpose for starting seeds — sour cream and cottage cheese containers, plastic cups from smoothies/coffee, tofu containers, berry clamshells. Between those and existing standard plastic seed pots in your neighbor’s basements and sheds, there are enough pots in circulation that no one should ever need to buy any new ones.

Rethink Standard Practices

Sustainable gardening is all about creativity, embracing something new and activating community. When you get a chance, go talk to that neighbor on your block who is always outside gardening. Through these conversations, you find out where you can get 30 gallons of free soil/mulch/compost from Fairmount Park Organic

Recycling Center. Or that plain cardboard is excellent for suppressing weeds (instead of landscape cloth, which is full of plastics) and that one of them owns a leaf shredder for making leaf mulch.

I recently took inventory of my gardening supplies and practices. After exploring ways to reduce my use of plastic, I finally embraced a few things that were working.

For instance, I’m fortunate to have space on my property in Germantown for multiple rain barrels and a compost bin — all made of plastic. But ideally, they’ll last a long time and will allow me to put my food waste to good use, save some water and reduce a few bills. I may strongly dislike plastic, but I can see where it can serve us, too.

In conclusion, talk to your neighbors, share garden-ing supplies, reuse containers, build community and eat yogurt.

— Arielle Tannenbaum

Plastics and Food Safety Updates

PFAS in Food Packaging and Drinking Water

In May, Maine became the first state to prohib-it the sale and use of packaging that has direct contact with food to which per- and polyfluoroalkyl chemicals (PFAS) have been added. You might be surprised to hear that PFAS chemicals have commonly been used in a lot of food packaging. Their characteristics — they don’t break down and repel water, oil and grease —made them good additives to pizza boxes, fast food and takeout con-tainers, microwave popcorn bags and lots more.

The U.S. Food and Drug Administration used to formally authorize a specific number of these uses. But in early 2025, as research began to show the extent to which PFAS were leaching into foods, the FDA eliminat-ed these “authorized food contact” uses. However, it did not actually ban them, and there are no federal enforce-ment mechanisms in place.

The regulation that went into effect in Maine this spring is the first state-level enforcement. There are, of course, decades of food packaging contaminated with PFAS that were already discarded into the environment.



During the Biden administration, the Environmental Protection Agency passed regulations establishing nationwide limits on several specific PFAS chemicals in public drinking water. The Trump EPA is now proposing to rescind some of those limits and extend deadlines for others. Some states, including California, Colorado and New York, have set their own standards.

Paraquat

Vermont became the first state to ban paraquat, one of the most widely used pesticides in the United States, which is banned in 70 other countries. It is one of the “burn down” pesticides used by farmers to kill every-thing prior to planting.

The ban is in response to studies linking paraquat to an increased risk of Parkinson’s disease: People who apply the poison are more than twice as likely to develop Parkinson’s. Paraquat maker Syngenta disputes the finding, but has said it will stop producing it, perhaps in response to the thousands of lawsuits being filed that involve the chemical.

—Karen Melton

Remember to Remember These Jar Library Tips

- Tell the bulk staffer on duty when you are dropping off your jars, so they can inspect them to see if they are appropriate for the Jar Library.
- Donate clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. The Jar Library is maintained by volunteers. The more labels there are to remove, the harder their job becomes.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sized. Also, consider whether the jar you’re donating is useful.
- If the incoming jar box is full, please do not leave your jars. Currently there is no place to store surplus jars.
- For any item you buy in bulk using your own container or a container from the Jar Library, you will receive a 25-cent discount at the register.



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“OH, NO, I FORGOT TO SAVE THE EARTH!”

BYO BAG WHEN YOU SHOP THE CO-OP.

Stepping Back from Routine and Noise to Find Peace



Photo by Pieter Olivier on Unsplash

IN AUGUST, THE CO-OP’S DIVERSITY, Equity and Inclusion Advisory Committee looks at ways we can all partake in self-care.

A silent retreat is a deliberate immersion in absolute silence. Ideally, it takes place in secluded, tranquil settings such as monasteries and natural landscapes. During this intentional quiet time, participants are non-communicative. They purposely stop connecting to the digital world, speaking, gesturing and making eye contact. Accommodations are austere and leave room for introspection, restoration and growth.

weavers way coop
**Racial Diversity,
Equity, and
Inclusion**

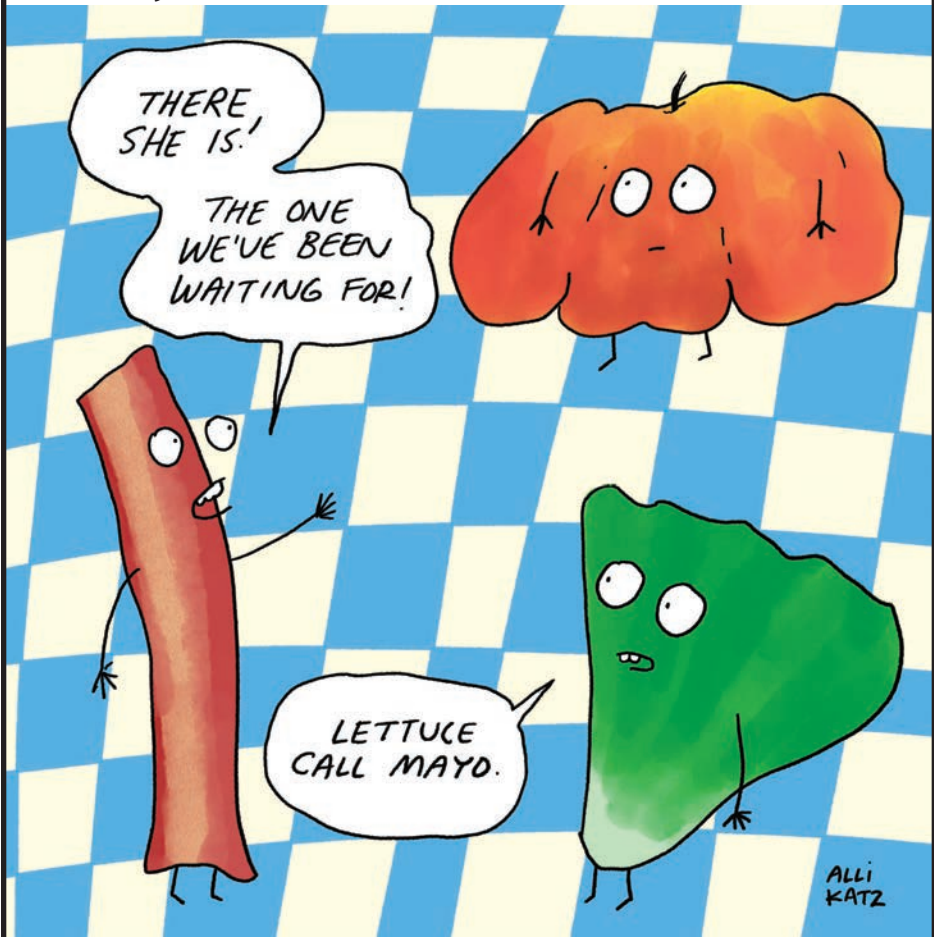
Removing oneself from habitual routines, time urgency, reactivity and multitasking gifts the mind, body and spirit with needed breaks from the usual. Silent retreats are renowned for enhancing self-awareness, concentration, clarity, decision making, emotional regulation and sleep.

Silent retreats provide powerful pauses from the chatter and busyness that are so much a part of daily life. Experiencing a silent retreat cultivates an increasing sense of self-awareness that only occurs in the solitude of silence.

—Rosa Lewis

Locally Grown

Illustration by Alli Katz



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What’s What & Who’s Who at Weavers Way

Weavers Way Board

The Weavers Way Board of Directors represents members’ interests in the operation of the stores and the broader vision of the Co-op.

The Board’s regular monthly meeting is held on the first Tuesday of the month. Check the Co-op’s Calendar of Events for the date of the next meeting.

For more information about Board governance and policies, visit www.weaversway.coop/board. Board members’ email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

2025-2026 Weavers Way Board of Directors

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Treasurer: Gail McFadden-Roberts

Secretary: Jason Henschen

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Culinary Program Director

Chazz Alberti, ext. 371
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Ambler

217 E. Butler Ave.
8 a.m.-8 p.m.

215-302-5550

Store Manager

Heather Wigley, ext. 300
hcarb@weaversway.coop

Assistant Store Manager

Karen Gemmell, ext. 379
kgemmell@weaversway.coop

Grocery Manager

Nancy Timmons Melley, ext. 373
nmelley@weaversway.coop

Chestnut Hill

8424 Germantown Ave.
8 a.m.-8 p.m.

215-866-9150

Store Manager

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Assistant Store Manager

Stacy McGinnis
smcginnis@weaversway.coop

Grocery Manager

Len Mears, ext. 217
lmears@weaversway.coop

Next Door

8426 Germantown Ave.
9 a.m.-8 p.m.

215-866-9150, ext. 220/221

Wellness Manager

Alison Wear, ext. 221
Awear@weaversway.coop

Germantown

328 W Cheltenham Ave
8 a.m.-8 p.m.

215-843-1886

Store Manager

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jmitchell@weaversway.coop

Assistant Store Manager

Ariel Levine
alevine@weaversway.coop

Grocery Manager

Kristina Walker;
kwalker@weaversway.coop

Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m.

215-843-2350

Store Manager

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Assistant Store Manager

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Grocery Manager

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ksouder@weaversway.coop

The Mercantile

542 Carpenter Lane
Saturday & Sunday
10 a.m.-5 p.m.
mercantile@weaversway.coop

Across the Way

Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an equity investment, and you’re good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You’ll receive two hours of work credit for attending. We look forward to meeting you!

NEW MEMBER ORIENTATION

Wednesday, August 19, 6:30-8 pm

Virtual

To register visit: www.weaversway.coop/events

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



